

# Week 11 Meal Plan

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Leftover Pancakes with Blueberries and Pecans	Green Smoothie w/ Protein Powder	2 Scrambled Eggs w/ 1 Slice of Ezekiel Bread, 3 slices of Avocado, & ½ Grapefruit	Green Smoothie (No protein)	Green Smoothie w/ Protein Powder	Omelet with spinach, broccoli, tomato, pepper, onion + ½ grapefruit	Green Smoothie (No protein)
<b>Snack</b>	Protein Bar	½ cup of strawberries & handful of raw nuts	¼ cup homemade trail mix	Protein Bar	Greek Yogurt w/ 1/3 cup Strawberries	Leftover Chicken Oreganata + 1 cup Veggies 1/3 Avocado	1-2 cup veggies + ½ cup strawberries
<b>Lunch</b>	“Naked” Lettuce Wrap w/ Balsamic, Veggies & 4 oz. Turkey	Leftover Halibut & Veg over Salad Greens w/ 1 Tbs. Apple Cider Vinaigrette	Leftover Halibut & Veg with ½ sweet potato	<i>CHEAT MEAL!!</i>	Leftover Baked Chicken Oreganata, Veggies, & ½ Sweet Potato	Leftover Cold Steak & Veggies over Salad Greens & 1 Tbs. Balsamic Vinaigrette	Large Green Salad w/ veggies, 1 Tbs. Balsamic Vin.
<b>Dinner</b>	Baked Halibut & Veggies in Pouch w/ Steamed Asparagus or Broccoli	Med Green Salad w/ veggies, 4 oz. Tuna, & 1 Tbs. Balsamic Vin.	4 oz. Turkey with 2 cups Veggies & 1/3 Avocado	Baked Chicken Oreganata w/ Mashed Cauliflower & Sautéed Spinach	Grilled Steak w/ Mixed Veg (can sub chicken) w/ med Salad & 1 Tbs. Balsamic Vin	<i>CHEAT MEAL!!</i>	Green Smoothie w/ Protein Powder (light in fruit- no banana)